



## Mental Health Resource Guide

Delta Gamma cares about your mental health. Having a Culture of Care looks like checking in on one another and offering support to a sister in need. If you are concerned about someone's immediate safety or well-being, please call 911.

Here are a few of the mental health resources that are available for all members:

### [National Suicide Prevention Lifeline](#)

A 24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress. **Call 1-800-273-TALK (8255)** or visit the website to chat.

### [Crisis Text Line](#)

The only 24/7, nationwide crisis-intervention text-message hotline. **Text START to 741-741.**

*You can also text HOME to the following numbers at any time to be connected with a crisis counselor: **US: 741741 | Canada: 686868***

### [Threat Assessment Rubric](#)

This resource can help walk you through how to classify a mental health risk, ranging from mild risk to extreme risk. The rubric includes examples as well as action steps.

### [Recommended Practices for Managing Mental Health or Emotional Concerns](#)

This is a resource that chapters can use when they become concerned about an individual member's behavior, indicating that she may be struggling. Although specific offices and programming vary from campus to campus, these practices are applicable to most, if not all, university and college environments.

### [Behind Happy Faces](#)

This resource is part of DG Dialogues. The link above directs you to the Delta Gamma portal of Behind Happy Faces which includes two DG Dialogues modules, in addition to helpful resources including how to help a friend, what to do if you need help, statistics and external resources.

### [Be Her Champion Video](#)

This video discusses some common misperceptions around mental health and provides some basic resources around how to care for a sister needing help for her mental or emotional health.

### [Be Her Champion Worksheet](#)

This worksheet reiterates the six steps discussed in the above video. This would be an excellent resource to print out and have displayed in a chapter common area or emailed to all chapter members.

### **Campus Resource Worksheet**

The Campus Resource Worksheet is an excellent tool to help connect chapter members with professional care, from student health and wellness to public safety, to sexual violence prevention. This is another excellent resource to print out and have displayed in a chapter common area or emailed to all chapter members.

### **The Jed Foundation**

Delta Gamma is a partner of The Jed Foundation (JED), the leading voice in the mental health and suicide prevention space for teens and young adults, with a strong focus on college students. Below are resources from JED:

- **[Mental Health Resource Center](#)**: Find information on how to help yourself or someone you care about.
- **[I Want to Take Care of My Mental Health](#)**: A searchable resource center covering topics such as stress, feeling “weird” or “off”, relationship problems, social media stress, and other relatable topics.
- **[Signs and Symptoms of a Struggle](#)**
- **[Warning Signs of Suicide](#)**
- **[Helping a Friend](#)**
- **[Taking Care of Ourselves While Helping Others](#)**